



Core Blasters: :15/:30/:45/:30/:15

C1:

- A) Sit-Ups
- B) Supine Hip Extensions
- C) V-Ups
- D) Bicycles

C2:

- A) Plank
- B) Floor Bridge
- C) Plank Reaches
- D) Bridge Kicks

C3:

- A) Toe Touches
- B) Flutter Kicks
- C) Supermans
- D) Russian Twists

C4:

- A) In and Out Crunches
- B) Bird Dog Crunches
- C) Plank Mountain Climbers
- D) Ecc./Roll Back Sit-Ups

C5:

- A) Rocky Sit-Ups
- B) Spider Plank Crunches
- C) Seated Single Leg Raises
- D) Reverse Crunches

C6:

- A) Rolling Side Planks
- B) Supine Single Leg Hip Extensions
- C) Cross Crunch
- D) Accordions

C7:

- A) Three Way Hip Circles
- B) Boat Pose (V-Sit)
- C) Donkey Kicks
- D) Plank Lateral Reaches

C8:

- A) Windshield Wipers
- B) Inchworm Plank Abs
- C) 3-1-3 Sit Ups
- D) Alternating Side Planks

C9:

- A) Alternating Oblique Crunches
- B) Frog Crunches
- C) Candlesticks
- D) Elevated Criss-Cross Legs